


The Fitness Center at Kernersville Group Exercise Class Schedule November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Facility Hours</b>                      Mon.-Thurs: 5:30 am - 9:00 pm                      Friday: 5:30 am - 8:00 pm                      Saturday: 8:00 am - 4:00 pm                      Sunday: 12:00 pm - 6:00 pm</p> <p><b>Contact Information</b>                      Phone: 336-992-1700                      hpfitnesscenterkernersville@wakehealth.edu</p>			<p><b>THERAPY POOL CLOSED FOR</b>                      Aqua Yoga: Mon.                      1 p.m.-2 p.m.                      WaterWalk: Fri.                      1 p.m-2 p.m.</p>		<p>1</p>	<p>2</p>
			<p><b>Indoor Pool Area Closed</b>                      Every Tuesday                      7:00 a.m.-9:00 a.m.                      Everyday                      15 minutes prior to facility</p>	<p><b>Please Note:</b>                      ISR will be held                      3:00pm - 5:30pm                      daily in open lanes                      of lap pool.</p>	<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>9:15 Barre <i>Morgan</i></p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga+ <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p> <p>2:00 YinYoga <i>Julie</i></p>	
4	5	6	7	8	9	
<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Sheila</i></p> <p>10:00 SilverSneakers® <i>Maya</i></p> <p>11:15 SeniorFit*** <i>Susan</i></p> <p>12:15p Fit Factory <i>Maya</i></p> <p>1:00p WaterYoga** <i>Julie</i></p> <p>2:00p All level Yoga <i>Julie</i></p> <p>3:00 RestorativeYoga <i>Julie</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>8:30 Barre Strength <i>Morgan</i></p> <p>8:45 Cycle <i>Kelly</i></p> <p>9:30 Zumba <i>Christine</i></p> <p>10:45 SeniorFit*** <i>Susan</i></p> <p>4:30 YOGA <i>Melaina</i></p> <p>6:00p Bootcamp <i>Sheila</i></p>	<p>5:45a Functional Strength + Cardio <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Sheila</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>11:00 YOGA <i>Melaina</i></p> <p>12:15p Fit Factory <i>Maya</i></p> <p>5:00 Zumba 45 min. <i>Shannon</i></p> <p>6:00 HumpDay HIIT <i>Jalil</i></p>	<p>5:45a Barre <i>Morgan</i></p> <p>8:30 Func. Strength <i>Morgan</i></p> <p>8:45 CIA- Cycle, Intervals, &amp; Arms <i>Kelly</i></p> <p>10:45 Zumba <i>Christine</i></p> <p>12:00 Zumba Gold <i>Christine</i></p> <p>1:15 Yoga <i>Melaina</i></p> <p>5:00 YOGA 45min <i>Melaina</i></p> <p>6:00 Let's Get HIIT <i>Jalil</i></p>	<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>9:15 Barre <i>Morgan</i></p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga+ <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p> <p>2:00 YinYoga <i>Julie</i></p>	<p>8:30a Cycle <i>Natalie</i></p> <p>9:30 Total Body Strength <i>Natalie</i></p> <p>9:00 AquaFit <i>Susan</i></p> <p>10:30 Zumba <i>Shannon</i></p>	
11	12	13	14	15	16	
<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Sheila</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>11:15 SeniorFit*** <i>Susan</i></p> <p>12:15p Fit Factory <i>Maya</i></p> <p>1:00p WaterYoga** <i>Julie</i></p> <p>2:00p All level Yoga <i>Julie</i></p> <p>3:00 RestorativeYoga <i>Julie</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>8:30 Barre Strength <i>Morgan</i></p> <p>8:45 Cycle <i>Kelly</i></p> <p>9:30 Zumba <i>Christine</i></p> <p>10:45 SeniorFit*** <i>Susan</i></p> <p>4:30 YOGA <i>Melaina</i></p> <p>6:00p Bootcamp <i>Bonnie</i></p>	<p>5:45a Functional Strength + Cardio <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Sheila</i></p> <p>10:00 SilverSneakers® <i>Maya</i></p> <p>11:00 YOGA <i>Melaina</i></p> <p>12:15p Fit Factory <i>Maya</i></p> <p>5:00 Zumba 45 min. <i>Shannon</i></p> <p>6:00 HumpDay HIIT <i>Jalil</i></p>	<p>5:45a Barre <i>Morgan</i></p> <p>8:30 Func. Strength <i>Morgan</i></p> <p>8:45 CIA- Cycle, Intervals, &amp; Arms <i>Kelly</i></p> <p>10:45 Zumba <i>Christine</i></p> <p>12:00 Zumba Gold <i>Christine</i></p> <p>1:15 Yoga <i>Melaina</i></p> <p>5:00 YOGA 45min <i>Melaina</i></p> <p>6:00 Let's Get HIIT <i>Jalil</i></p>	<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>9:15 Barre <i>Morgan</i></p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga+ <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p> <p>2:00 YinYoga <i>Julie</i></p>	<p>8:30a Cycle <i>Natalie</i></p> <p>9:30 Total Body Strength <i>Natalie</i></p> <p>9:00 AquaFit <i>Susan</i></p> <p>10:30 Zumba <i>Shannon</i></p>	
18	19	20	21	22	23	
<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Sheila</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>11:15 SeniorFit*** <i>Susan</i></p> <p>12:15p Fit Factory <i>Maya</i></p> <p>1:00p WaterYoga** <i>Julie</i></p> <p>2:00p All level Yoga <i>Julie</i></p> <p>3:00 RestorativeYoga <i>Julie</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>8:30 Barre Strength <i>Morgan</i></p> <p>8:45 No class</p> <p>9:30 Zumba <i>Christine</i></p> <p>10:45 SeniorFit*** <i>Susan</i></p> <p>4:30 YOGA <i>Melaina</i></p> <p>6:00p Bootcamp <i>Bonnie</i></p>	<p>5:45a Functional Strength + Cardio <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Sheila</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>11:00 YOGA <i>Melaina</i></p> <p>12:15p Fit Factory <i>Maya</i></p> <p>5:00 Zumba 45 min. <i>Shannon</i></p> <p>6:00 HumpDay HIIT <i>Jalil</i></p>	<p>5:45a Barre <i>Morgan</i></p> <p>8:30 Func. Strength <i>Morgan</i></p> <p>8:45 CIA- Cycle, Intervals, &amp; Arms <i>Kelly</i></p> <p>10:45 Zumba <i>Christine</i></p> <p>12:00 Zumba Gold <i>Christine</i></p> <p>1:15 Yoga <i>Melaina</i></p> <p>5:00 YOGA 45min <i>Melaina</i></p> <p>6:00 Let's Get HIIT <i>Jalil</i></p>	<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>9:15 Barre <i>Morgan</i></p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga+ <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p> <p>2:00 YinYoga <i>Julie</i></p>	<p>8:30 CIA- Cycle, Intervals, &amp; Arms <i>Kelly</i></p> <p>10:30 Zumba <i>Shannon</i></p>	
25	26	27	28	29	30	
<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Sheila</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>11:15 SeniorFit*** <i>Susan</i></p> <p>12:15p Fit Factory <i>Maya</i></p> <p>1:00p WaterYoga** <i>Julie</i></p> <p>2:00p All level Yoga <i>Julie</i></p> <p>3:00 RestorativeYoga <i>Julie</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>8:30 Barre Strength <i>Morgan</i></p> <p>8:45 Cycle <i>Kelly</i></p> <p>9:30 Zumba <i>Christine</i></p> <p>10:45 SeniorFit*** <i>Susan</i></p> <p>4:30 YOGA <i>Melaina</i></p> <p>6:00p Bootcamp <i>Morgan</i></p>	<p>5:45a Functional Strength + Cardio <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Sheila</i></p> <p>10:00 SilverSneakers® <i>Maya</i></p> <p>11:00 YOGA <i>Melaina</i></p> <p>12:15p Fit Factory <i>Maya</i></p> <p>5:00 No class</p> <p>6:00 HumpDay HIIT <i>Jalil</i></p>	<p></p> <p><b>CLOSED</b></p>	<p>5:45a No class</p> <p>9:15 Cardio Strength <i>Kelly</i></p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga+ <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p> <p>2:00 YinYoga <i>Julie</i></p>	<p>8:30 CIA- Cycle, Intervals, &amp; Arms <i>Kelly</i></p>	
				<p><b>CLOSE AT 6:00 PM</b></p>	<p>10/24/24</p>	

\*Please note - classes may change after this posting. Please check on our Facebook page or front desk